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**THIS LITTLE PIGGY WAS NUTS**  
 TRY PORK THAT'S LEAN, MEAN AND COVERED WITH PISTACHIOS  
PAGE 16




**Red River College culinary arts students Nicole Boudreau and Alex Wong are headed to France to study at a prestigious school.** BERNICE PONTANILLA/METRO

# Local culinary students earn a bon voyage

**The skillet to pay the bills.** Future top chefs from Red River score a trip to France to attend an intensive 4-month training program

Two students from Red River College's culinary arts program are headed to France next month.

Second-year students Alex Wong, 22, and Nicole Boudreau, 21, have won the chance to attend an intensive four-month culinary training program at the Institut Paul Bocuse in Lyon.

"We're the first students to actually go on this program, so it's pretty exciting for us," said Wong. "It's pretty nerve-racking because

not even the chefs know what to expect."

RRC joined the Bocuse Worldwide Culinary Alliance last November as the alliance's only Canadian partner, giving the pair the opportunity to qualify.

To win their spot in the program, the students had to write a 300-word essay and go through an interview with three chefs. Wong and Boudreau will train with students from 12 other countries after beating out 20 other local candidates.

While in France they'll learn traditional French cooking and baking, and study specialty coffees, wines and cheeses.

Boudreau said while this will be a new experience, she and Wong aren't unfamiliar with French cooking.

"In our first year ...

(instructors) try to teach us the classical French way to do stuff.

"It's a little bit different than how they actually do it in France, but they try to teach us the classical way to do it before they kind of teach us the variations of everything."

Wong and Boudreau say they're looking forward to soaking up a little French culture while they're in Lyon.

They're also brushing up on their language skills in advance of the trip.

"They expect us to know a little bit of French," said Boudreau. "They understand that we're international students and that it's not our first language, and that they're going to work with us in English."

Wong and Boudreau leave for France on May 8.

SCOTT BEST/FOR METRO





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## Fan fights. City would consider more cameras in hockey rinks: Mayor

Having more cameras in hockey rinks is something the city would consider, says Mayor Sam Katz.

Katz made his comment in reference to news that Winnipeg police have charged a pee-wee hockey coach with assault after a melee with a referee back in February.

In this incident, video that was shot from the stands and posted on YouTube showed a ref trying to break up a fight. The ref landed on a player, and

an adult from one of the team's benches jumped at the ref.

"I would have no problem with having cameras in hockey rinks," said Katz.

"I think there are a lot of parents and fans who believe that some of this fighting is just going too far."

Katz said officials would have to approach the General Council of Winnipeg Community Centres before city hall.

**BERNICE PONTANILLA/METRO**  
WITH FILES FROM THE CANADIAN PRESS

## Royals in Canada. Prince Charles, Camilla to meet Hudson the polar bear

A visit to Canada next month by Prince Charles and Camilla, the Duchess of Cornwall, will include a visit with Hudson the polar bear in Winnipeg.

The royal couple arrive in Halifax on May 18 on a four-day visit that includes stops in Charlottetown and Pictou, N.S.

The day after their arrival, the Prince of Wales and the duchess will meet with groups that provide support services to military families at Canadian Forces Base Halifax before at-

tending a celebration of Celtic Appreciation Month in Pictou.

They will watch fireworks as part of Victoria Day celebrations in Charlottetown before a day in Prince Edward Island.

The trip ends on May 21 in Winnipeg, where Prince Charles is scheduled to visit the enclosure where Hudson the polar bear is housed at the Assiniboine Park Zoo. Camilla will be taking in shows and demonstrations at the Royal Winnipeg Ballet. **THE CANADIAN PRESS**

'Because he could'

## Portrait of the selfless donor



**WHAT'S GOOD**  
Ace Burpee  
winnipeg@metronews.ca

This past Friday a story just blew my mind.

Last week was organ and tissue donation awareness week. I was encouraging people to sign up to become a donor and potentially one day be a hero by saving a life after they pass.

There is something heroic about being able to save a life after death, but the story that found me was even bigger.

I found out about Ian Goodall-George thanks to Kristin Millar, herself the thankful recipient of a donated heart. What made Ian's story stand out is that he is a living and anonymous donor of a kidney. As in, he volunteered a kidney of his own for someone he did not know and will never meet.

He didn't do it for a specific family member. Not for a friend. Nobody even asked him to do it. It was just simply because he felt fortunate, because he could, and because he wanted to do something good.

Listen, I try to be as good as I can possibly be and help out my community as much as I can, but I'm not as badass as Ian. Dude is a true hero. Someone out there thanks you, Ian. Big time. You're a beauty.

To become an organ and tissue donor, just register at [signupforlife.ca](http://signupforlife.ca). It just takes a minute.

*Ace Burpee is a local writer, radio show host, producer and supporter of all things good.*

# Ex-football player reaps the benefits of juicing

**Green Carrot Juice Co.**  
Obby Khan now facing morning juice rush



**SHANE GIBSON**  
[shane.gibson@metronews.ca](mailto:shane.gibson@metronews.ca)

Business owners worldwide would be jealous of the troubles Obby Khan has seen in the first week since opening Green Carrot Juice Co. in Osborne Village.

The former Blue Bomber and owner of Shawarma Khan told Metro the biggest problem he and business partner Johnny Kien have had has been keeping up with the demand from customers thirsty for their unique fresh cold-pressed juices.

"Whatever we press we press the night before and bottle that morning so when



Obby Khan, right, and business partner Johnny Kien take a break from juicing Sunday to pose for a picture at their newly opened Green Carrot Juice Co. in Osborne Village. **SHANE GIBSON/METRO**

we sell out, we sell out, because without preservatives and additives we have a one-day shelf life," explained Khan. "We've got too much demand, which is awesome.... Hopefully in a month or so we'll have a better

idea what our numbers are."

And it's not just the juice customers want, apparently.

Last Thursday Khan came in to find the sign advertising his hours in front of the shop had been stolen, but that too

### High demand

Staff at Green Carrot Juice Co. spend around six hours every night peeling fresh veggies and fruits and juicing them under 2,000 lbs of pressure to get 150 to 250 bottles ready for the next day.

led to something all business owners salivate over — free advertising.

After tweeting out a picture of the missing sign, Khan said he was overwhelmed by the response on social media, which, as well as getting people talking about the shop, led to the sign's return by the end of the day.

"It was crazy," he laughed. "It was funny, my business partner said we should do that every month."



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## CORRECTION

March 7, 2014  
Clarification

As has been reported in other media, the publisher of *The Uniter* and columnist Josh Beznat were recently sued by Mayor Sam Katz for allegedly defaming him in a column that was published in *The Uniter* in the December 4, 2013 edition. The column was entitled "The Local Political Blunder".

Although the lawsuit alleged that the column accused the Mayor of being a criminal, that was not the intention of the column. The column consisted of satirical commentary that did not accuse the Mayor of being a criminal but rather was intended to be a fair comment on a matter of public interest.

The *Uniter* regrets if anyone interpreted the column to be anything other than a satirical comment as stated.

A screen grab of a clarification from the *Uniter*, the University of Winnipeg's student newspaper. [UNITER WEBSITE](#)

# Mayor satisfied with newspaper's clarification

**'Satirical commentary.'**  
Column touched on city's ill-fated land-swap deal



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

Mayor Sam Katz got his retraction and a student newspaper is no longer facing a lawsuit.

Katz confirmed that he has halted a lawsuit launched in February against *The Uniter*, the student newspaper at the University of Winnipeg.

The newspaper published a column titled "Local Political Blunder" in December that suggested the mayor had pressured

the city's former chief administrative officer, Phil Sheegl, to do a deal with real-estate company Shindico at any cost.

In March, *The Uniter* issued a clarification that stated: "Although the lawsuit alleged that the column accused the mayor of being a criminal, that was not the intention of the column. The column consisted of satirical commentary that did not accuse the mayor of being a criminal but rather was intended to be a fair comment on a matter of public interest."

"The *Uniter* regrets if anyone interpreted the column to be anything other than a satirical comment as stated."

Asked if he was satisfied, Katz said he was.

"It's exactly what I asked for ... after I launched the suit, so it's done," Katz said.

In the statement of claim in February, Katz's lawyer said the newspaper's allegation is not true and the column is reckless and deliberately meant to cause harm to the mayor.

The controversial land-swap deal would have seen a Shindico-owned property on Taylor Avenue that now houses fire station No. 12 exchanged for three other city-owned properties. This also led to an audit of the fire hall, released last October. The City of Winnipeg is currently in the process of buying that Taylor land.

**WITH FILES FROM THE CANADIAN PRESS/CJOB**

# Condemned First Nation homes possibly sold: MP

The member of Parliament for Selkirk-Interlake says 49 condemned homes on a Manitoba First Nation hit by flooding in 2011 may have been sold off and moved.

James Bezan says the allegations are serious and an investigation has been launched.

Lake St. Martin Chief Adrian Sinclair insists he hasn't done anything wrong and that he has the legal right to sell damaged homes for money.

He says the money raised from the sale is being used to clean up the community.

The federal government had committed to paying nearly \$2 million to have the condemned homes on Lake St. Martin First Nation destroyed.

Bezan says the federal Aboriginal Affairs Department has put an immediate halt to any further transfer of funds under its contract with the band until the investigation is completed.

He also says any evidence

## 'Due diligence'?

**Colin Craig of the Canadian Taxpayers Federation said both the federal government and the chief of Lake St. Martin First Nation need to be held accountable.**

- "The feds need to explain how they came up with the figure of \$2 million — what due diligence they did — and the band needs to explain how on earth they're selling people's

homes while their belongings are still in (them) and what's happening with that money," said Craig.

- One resident returned to the reserve earlier this month to find his home had been ripped from its foundation and shipped to a community nearly 300 kilometres away with his belongings still inside the house.

of criminal wrongdoing will be forwarded to the police.

"There were 133 condemned homes, approximately 80 homes that have been demolished, leaving possibly 49 homes sold," said Bezan.

Manitoba's top chief says people should not rush to judgment until all the facts come out.

"If a unit is still viable and there is a market out there for it and the community has to make sound business decisions, I think we have to give the benefit of the doubt at times to the decision-makers," said Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

**METRO**

## Weston

### Man stabbed over single beer

A man is recovering in hospital in stable condition after he was stabbed for a single beer outside a Weston-area convenience store early Saturday.

The 52-year-old victim was standing with a case of beer outside the convenience store at the corner of Logan Avenue and Keewatin Street just before 3 a.m. when another man came up and stole one of his beers.

That's when a fight broke out and the assailant stabbed the victim in the upper body, say police.

"They had purchased the beer earlier and then stopped there to pick something up when this occurred," said police spokesperson Const. Eric Hofley on Sunday. "He had a case but it was just one beer that the fellow grabbed."

After stabbing the victim, the man forced his way into the store, breaking a window in the process.

That's where officers found a suspect after staff called police.

Mitchell Eric Cochrane, 23, of Winnipeg has been charged with aggravated assault, mischief under \$5,000 and possession of a weapon for dangerous purposes.

**SHANE GIBSON/METRO**

## West Alexander

### Gunshot leads cops to weapons

Five people are facing weapons charges after the sound of a gunshot in the West Alexander neighbourhood early Saturday led police to a cache of weapons.

Officers were near Sherbrook Street and Ross Avenue when they heard the shot, followed by a Dodge Caravan speeding away.

Chester Roulette, 18, Jordan Stephan Berens, 18, Justin Garrett Berens, 25, and two boys aged 16 and 17, all from Winnipeg, are facing numerous weapons-related charges. **METRO**



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## Liberal woes. Ex-leader Gerrard urges party unity

Former Manitoba Liberal leader Jon Gerrard is calling for party unity after another round of criticism of his successor.

Gerrard, the lone Liberal sitting in the legislature, has told party members in an email that it is vital that they rally around new leader Rana Bokhari.

A small but vocal group of Liberals has criticized Bokhari and the party executive since she became leader last October.

They say the party is ignoring the grassroots and taking power away from the board of directors.

The latest accusations come in a letter sent to several Liberals by board member Valerie Thompson and which says the leadership is undemocratic.

Gerrard's email tells party members to stop arguing.

"As I well know from my years as the Manitoba Liberal leader, it is vital for Liberals to rally their support around our leader and to be ready to consider improvements to our organization and to our efforts. We must move forward together," Gerrard wrote.

"Right now we are building

### Internal strife

Other Liberals who have come out against Bokhari include Bob Axworthy, who finished a distant third in last year's leadership race, quit the party and has since rejoined. Earlier this week, Shane Nestruck, president of the party's Fort Garry-Riverview constituency association in Winnipeg, made similar accusations.

steam as the polls show more Manitobans looking to vote Liberal. Keeping that momentum is paramount. It will require a strong and unified effort to succeed. Let us stay vigilant in our efforts ... and let us strongly support the leaders we elected as we move forward."

When contacted by phone by The Canadian Press, Thompson said she was simply passing on a letter written by other board members. She would not identify who they were and hung up.

THE CANADIAN PRESS



## WWPBD: What would Paul Bunyan do?

Gabrielle Bahaud, 10, and her brother Tristan, 8, learned how to saw a log at FortWhyte Alive's annual Earth Day celebration Sunday. The day included family-friendly activities, games, workshops, a pancake breakfast and live entertainment. SHANE GIBSON/METRO

### No threat to humans

## More cases of pig virus reported

Manitoba is reporting more cases of a virus that has killed millions of baby pigs in the United States.

The province says three more pigs have been found with porcine epidemic diarrhea this week, but not at a hog farm. The sick animals were detected at what the government calls a high-traffic area in eastern Manitoba — a description that could mean livestock yards, trucks or a slaughter facility.

To date there has been one case at a farm in Manitoba and seven cases found in high-traffic areas.

THE CANADIAN PRESS

### More personnel

## More cash coming to speed up justice

The Manitoba government is promising more money and personnel to help criminal proceedings move more quickly through the justice system.

The province says it will fund 10 additional Crown attorneys and five support workers.

The government is also paying for more civilian staff in the disclosure unit of the Winnipeg Police Service.

Justice Minister Andrew Swan says that will allow police and the Crown to share information more quickly with defence lawyers. THE CANADIAN PRESS

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Middle East

## Acknowledging a genocide

Palestinian President Mahmoud Abbas called the Holocaust "the most heinous crime" of modern history, voicing a rare acknowledgment of Jewish suffering before Israel held its annual memorial for victims of the Nazi genocide.

Israeli Prime Minister Benjamin Netanyahu brushed the comments, saying Abbas's attempts to reconcile with Hamas raised doubts about his intentions. Hamas, a movement sworn to Israel's destruction, has questioned the Holocaust and blocked the subject from being taught in schools in the Gaza Strip.

THE ASSOCIATED PRESS

Hungary

## Jews decry plan for Nazi occupation memorial

Speakers at an event Sunday commemorating the 70th anniversary of the Holocaust in Hungary called for dialogue with the government, and condemned plans for a memorial to Nazi Germany's 1944 occupation.

Hungarian Jewish groups have expressed frustration at what they say are efforts by the government to diminish the role local authorities had in the death of Hungarian Jews in the Holocaust. President Janos Ader said Auschwitz, where a third of those killed in the death camp were Hungarian Jews, "forms part of Hungarian history."

THE ASSOCIATED PRESS

L.A. Clippers

## Obama responds to racist comments

President Barack Obama said that comments reportedly made by Donald Sterling, owner of the L.A. Clippers are "incredibly offensive racist statements," and cast them as part of a legacy of slavery and segregation that Americans must confront.

In the recording attributed to Sterling and posted on the website TMZ, a male voice asks his girlfriend not to broadcast her association with black people or bring black people to games, specifically mentioning Lakers Hall of Famer Magic Johnson. THE ASSOCIATED PRESS



## 'My God, help me to survive this deadly love'

Artist Dimitri Vrubel and his son Artjom clean the graffiti, named 'My God, help me to survive this deadly love,' depicting a fraternal kiss between former Soviet leader Leonid Brezhnev and former leader of the German Democratic Republic, DDR, Erich Honecker, at the East Side Gallery in Berlin. KAY NIETFIELD/THE ASSOCIATED PRESS

# Survivors recall tales of traumas

**Annual Holocaust remembrance.** On April 28, Israel will stand still to honour the six million victims of the Nazi genocide

In an annual ritual, Israel will come to a standstill Monday morning for the country's official Holocaust remembrance day. Air raid sirens will wail across the country as pedestrians stop in their tracks and drivers exit their vehicles and bow their heads to honour the six million victims of the Nazi genocide of the Second World War that wiped out a third of world Jewry.

The Associated Press asked a group of Holocaust survivors to share their strongest memory.

**Asher Aud (Sieradski), 86** (Poland): Married, three children and 10 grandchildren. Retired from Israel Military Industries, a state-owned weapons manufacturer.

Asher Aud's odyssey reads like a history of the Holocaust's horrors. Over six years, he was separated from his parents and siblings in his native Polish town of Zdunska Wola, then scavenged for scraps of bread, and staved off a debilitating illness alone in the Lodz ghetto

before he was taken to the Auschwitz death camp.

Of all the atrocities he endured, Aud said parting from his mother at the age of 14 was the most traumatic.

In September 1942, the Nazis rounded up the Jewish community inside the local cemetery and were preparing to deport them.

"The Germans walked among us and anytime they saw a mother with a child, they tore the child from her arms and threw them into the back of trucks."

"I looked around and I just said 'Mother, this is where we are going to be separated,'" he said.

**Shmuel Bogler, 84** (Hungary): Married, two children, three grandchildren. Retired police officer.

Shmuel Bogler never had the opportunity to say goodbye to his family, rounded up from their home in Bodrogkeresztur and transported to Auschwitz.

"The first thing they did was beat us and separate the woman from the men. It happened so quickly, I couldn't even part from my mother and sister," he said.

**Jacob Philipson Armon, 76** (The Netherlands): Married, two children, one grandchild. Retired from Israeli defence contractor Rafael.

For Jacob Philipson Armon,



Asher Aud shows a number tattooed on his arm by the Nazis at Auschwitz.

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

memories are hard to come by. He was only two when Holland was captured by the Nazis, and three years later he went into hiding, like his more famous compatriot Anne Frank. The family's five children were dispersed among various non-Jews who risked their lives to protect them.

The most traumatic thing he recalls was when German troops kicked down the door of the home of his protector, Kit Winkel, and searched for Jews.

"They burst into the house and started to search for documents, turning over furniture and tearing down wallpaper ... I sat frozen, not daring to move," he said.

THE ASSOCIATED PRESS



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News worth sharing.



## Massena, N.Y.

## Teen's arm severed cleaning a pasta machine

A teenage employee at an Italian restaurant in northern New York has severed his arm while cleaning a pasta machine.

A spokeswoman for Mas-

sachusetts General Hospital said that 17-year-old Brett Bouchard was listed in serious condition Sunday morning. He was flown there after the accident Thursday night at Violi's Restaurant in Massena on the Canadian border.

It's not known yet which agency will investigate the accident.

THE ASSOCIATED PRESS

## Montreal mayor

## Hours booze is served doth make a metropolis 'fun'?

Montreal's mayor is putting his city's renowned nightlife to the test — and taking a shot at rival Toronto in the process.

Denis Coderre says he

will allow bars on two downtown streets this summer to serve alcohol until 5:30 a.m., two-and-a-half hours later than liquor laws currently allow.

It will run from June 12 to July 5, during weekends. Coderre used Friday's announcement to lob a jab at Toronto, saying a metropolis "should be fun."

THE CANADIAN PRESS

## National Defence

## DND examines reports on improved 24-7 search-and-rescue

National Defence is once again taking a look at establishing an around-the-clock 30-minute response time for Canada's search-

and-rescue squadrons, an idea the air force has long dismissed as too costly and manpower-intensive.

The Harper government has been under pressure to address the issue since last year's critique by the auditor general and the death of a young boy in Labrador. Two research reports were delivered to senior command. THE CANADIAN PRESS

# S. Korea's PM resigns, takes 'all responsibility'

**Ferry sinking.** 'I hope these deep-rooted evils get corrected this time and this ... never happens again,' said Chung Hong-won

South Korea's prime minister resigned Sunday over the government's handling of a ferry sinking that has left more than 300 people dead or missing and led to widespread shame, fury and finger-pointing, blaming "deep-rooted evils" in society for the tragedy.

South Korean power is concentrated in the president, so Chung Hong-won's resignation appears to be symbolic. Presidential spokesman Min Kyung-wook

said President Park Geun-hye would accept the resignation, but did not say when Chung would leave office. Chung's resignation comes amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. Most of the dead and missing were high school students.

Officials have taken into custody all 15 people navigating the Sewol.

A prosecutor revealed that investigators were looking into communications made as the ship sank between a crew member and the company that owns the ferry.

Chung was heckled by victims' relatives and the PM's car was blocked when he visited an island near the site of the sinking. THE ASSOCIATED PRESS



Relatives of sunken ferry passengers watch as Prime Minister Chung Hong-won resigns. AHN YOUNG-JOON/THE ASSOCIATED PRESS

## Paris. Two cops under review in tourist rape

France's interior minister says prosecutors have opened a preliminary investigation of two Paris policemen in connection with the suspected rape of a Canadian tourist inside police headquarters.

A statement Sunday said both officers, as yet unnamed, as well as a third who wasn't charged but is named as a witness, have been placed on suspension pending the outcome.

Prosecutors are investigating an accusation of gang rape made by the Canadian tourist. French media reports say the woman met the off-duty police officers in a nearby bar. The police headquarters, on an island in the Seine River, is home to Paris judicial police and is often evoked in France by its address, 36 Quai des Orfèvres.

Reports say the woman was distraught on leaving the headquarters. THE ASSOCIATED PRESS

THE CANADIAN PRESS

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## South Africa celebrates 20 years of democracy

Freedom Day celebrations took place at the government's Union Building in Pretoria, South Africa, Sunday. President Jacob Zuma released balloons and aircraft performed a flyover to mark the end of the apartheid era, when all races went to the polls to cast their votes in historic 1994 elections. **THE ASSOCIATED PRESS**

### Ukraine

## Military observers speak under armed guard

Eight European military observers held prisoner by pro-Russia forces in eastern Ukraine were marched out under armed guard on Sunday to give public assurances that they weren't being mistreated.

Germany's foreign minister condemned the appearance as "revolting" and a violation of the men's

dignity. Four members of the team are German. One of the observers, a Swedish officer, was released later in the day for medical reasons.

The insurgents in Sloviansk have taken a number of people hostage as they strengthen their control in the east of the country in defiance of the interim government in Kyiv.

On Sunday, they captured three Ukrainian security service officers, who were shown to Russian journalists bloodied and blindfolded with packing tape.

**THE ASSOCIATED PRESS**

### Flight hijack scare

## Indonesia releases Australian man

Indonesia on Sunday released an Australian man who caused a hijack scare on a flight to Bali by trying to break into the cockpit.

Indonesian authorities say the drunken man pounded on the cockpit door during Friday's Virgin Australia flight, forcing the pilot to issue an alert code to air traffic control. **THE ASSOCIATED PRESS**



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<b>Sydney</b> Travel Aug 8 - Aug 27	from <b>\$1715</b>

### Europe Flights

<b>Barcelona</b> from <b>\$1115</b> Travel May 6 - May 14 Business class from \$2919.	<b>Economy</b> from <b>\$1069</b>	<b>Business</b> from <b>\$5265</b>
<b>London</b> Travel May 14 - May 28		
<b>Amsterdam</b> Travel May 5 - May 19	<b>\$1219</b>	<b>\$5219</b>
<b>Paris</b> Travel May 5 - May 19	<b>\$1219</b>	<b>\$4359</b>
<b>Rome</b> Travel Jun 10 - Jun 24	<b>\$1355</b>	<b>\$3415</b>

### United Kingdom

<b>London</b> Flights + 2 Nights from <b>\$1249</b> <b>INCLUDES</b> flights and first 2 nights central accom. <b>ADD</b> London Eye ticket from \$45.	<b>EXPERT TIP</b> Stay at a hotel close to the Tube. London is massive, so being near transportation is a huge plus.
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# Investors beware: What goes up must come down



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

## History repeating

# 11

Number of 10-per-cent-plus stock market declines in the last 25 years

There may be storm clouds hovering over the stock market. Perhaps it's an opportune time to follow an old investor's adage: Sell in May and come back on St. Leger Day — the latter being the final event of the British horse-racing season, falling in mid-September.

Statistics certainly support a pattern of hot-weather doldrums. Going back to 1926 the stock market's average annual summer-time gain is just over four per cent, compared to seven per cent for the November-to-April period.

This year there may even be a stronger reason to lighten up on stocks and equity mutual funds: We're all waiting for a market tumble of more than 10 per cent.

Corrections or pullback of less than 10 per cent are common and occur at least once a year, sometimes more. There have been five of them in the last three years.

Bigger declines, in the 20 per cent range, hit the market about every three and a half years.

Oh dear.

Guess when the last doozy struck? That would be the summer of 2011. We are right on target for another one in the next six months.

But before you rush off to sell everything, think again. Assuming your current investments are quality ones, consider market declines as an opportunity.

1. Have cash. Cash is opportunity personified. When the market heads south buy more of the strong stocks and funds in your portfolio.

2. Evaluate. You can't put No. 1 into effect unless you know your holdings are top notch. Reassess both mutual funds and stocks. If you have laggards, don't throw good money after bad. Any mutual funds that have not been in the top 25 per cent (called the first quartile) of their category over five years are likely not worth owning. Your adviser or a site such as [morningstar.ca](http://morningstar.ca) can provide this information.

3. Diversify. A market correction is a great time to spread your investment dollars into different regions, such as the U.S., Europe or Asia.

The coming market storm may veer off course, but it doesn't hurt to be prepared.



## China censors TV shows on streaming sites

A computer in Beijing shows a Chinese streaming website with a description of The Big Bang Theory, but the site no longer has access to episodes. Chinese authorities have ordered video streaming websites in the country to stop showing four popular American TV shows, representatives from two sites said Sunday. A spokeswoman for Youku, one of the sites, said it had received notification on Saturday not to show the sitcom The Big Bang Theory, political and legal drama The Good Wife, crime drama NCIS and legal drama The Practice. The State Administration of Press, Publication, Radio, Film and Television didn't give a reason for its order, said the spokeswoman, who couldn't be named because of company policy. **NG HAN GUAN/THE ASSOCIATED PRESS**

## EVERY WORKER MATTERS. WE CANNOT AFFORD TO LOSE THEM.

April 28 is the International Day of Mourning.

Please take a moment to remember those injured or killed on the job and those suffering from an occupational illness.

In Canada, 245,365 workers suffered a lost-time injury and 977 workers lost their lives in 2012.



Watch Before Day's End, an 18-minute film that examines the human impact that workplace accidents have on their victims and families.

[WWW.BEFOREDAYSEND.COM](http://WWW.BEFOREDAYSEND.COM)

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**CLAC**

## 50 Shades of Strange: BK's Subservient Chicken is back

Burger King is bringing back one of its strangest advertising creations if you don't count its creepy King: The Subservient Chicken.

The campaign, which was considered groundbreaking when it ran in 2004, featured a website where a giant chicken dressed in garters appeared to perform any task visitors commanded. A costumed actor had been pre-recorded performing hundreds of acts so it would seem as though the chicken was obeying people's orders.

It was an unexpected take on the chain's Have It Your

Way slogan, all just to promote a new chicken sandwich. The site got 100-million hits in the two weeks after its launch, according to Burger King.

A decade later, the Miami-based chain is trotting out the Subservient Chicken once again to promote yet another chicken sandwich — a triple-decker called the Chicken Big King that resembles a Big Mac, except with chicken patties.

Burger King says it will post a video detailing the "rise and fall" of Subservient Chicken on [onsubservientchicken.com](http://onsubservientchicken.com) Wednesday.

**THE ASSOCIATED PRESS**



An actor dressed as a chicken joins subway riders waiting on the platform in New York in 2004. **GETTY IMAGES**

## Canada Revenue Agency still has no grand plan to fight tax evasion

After a three-year effort, the Canada Revenue Agency has failed to produce a new national strategy to combat the underground economy — despite repeated requests to do so from cash-starved provinces.

The provinces have been pressing the agency since late 2010 to update its strategy for extracting taxes from the

underground economy, estimated to be worth more than \$35 billion annually.

The current guiding document is a decade old, and technological advances since then — including the cash-register "zapper" technology that conceals sales — have made it increasingly outdated.

The agency regularly audits

offenders in the three most-active underground sectors, that is, construction, retail trade and food services, including table-waiting staff.

In 2011-12 the agency carried out almost 11,000 underground-economy audits, finding more than \$300 million in unpaid taxes.

**THE CANADIAN PRESS**



# FORGET BOLD: WE NEED BORING

The Winnipeg Chamber of Commerce wants us to boldly go where no Winnipeg has gone before.

Unfortunately, it's leading us down a well-worn path to get there.

For the past few years the chamber has held a series of Bold Winnipeg events, designed to get people talking about city issues. The idea is great, the fixation on bold is not.

Last week's Bold Winnipeg conference was billed as being about: "Ideas, not answers. Opportunities, not obstacles. Discussion, not debate. Possibilities, not price." The resulting flood of social-media comments from participants were big on inspiration, but short on actual solutions.

In other words, they all sounded like politicians.

These boosterish brainstormers don't move us anywhere. To advance as a city, we need answers; we need to knock down obstacles; we need to debate; and we also need to know the price.



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

Another problem is that no one really knows what makes for a "bold" idea. In the absence of a definition, bold often becomes big. And that's a big problem.

It's easy to sit around and blue sky about what our "next human-rights museum" or "next football stadium" are going to be. But that's the same community development strategy that has failed us for the past 50 years. The museum/concert hall complex, the convention centre, Portage Place, Millennium Library and MTS Centre were all bold ideas that were going to transform our city, and they all came up short. Only The Forks has really lived up to its hype as a game changer.

Reality is that we don't need the next big thing. We need about a thousand small things that will actually improve the liveability of this city and its appeal to potential residents, visitors and investors. Things like:

— Changing zoning bylaws to reduce the minimum parking requirement for new buildings, which will encourage more density.

— Making it safer for pedestrians to cross the street by squaring off street corners and installing bump-outs.

— Reducing minimum lot sizes to encourage more infill housing.

— Eliminating outdated loading zones to allow more room for on-street parking.

— Modernizing and synchronizing the ancient system of traffic lights.

— Releasing more city data so citizens can analyze them for patterns or create new apps.

Admittedly, these ideas are kind of dull. They won't win many votes for politicians on the doorstep, but they're the kinds of small changes that are needed to make this city work.

That's not to say Winnipeg should stop having big ideas. But if we really want to improve the city, then our business and political leaders should focus on the boring things first.

## ZOOM

### In the deep end



An artist has created a brilliant 3D illusion of a swimming pool that makes for a deeper meaning. The piece seeks to address the impact of Japan's tsunami and the Fukushima nuclear plant disaster of 2011. COURTESY JEROEN BISSCHEROUX

#### Artist stuns with 3D optical illusion of swimming pool

Dutch artist Jeroen Bisscheroux has created the illusion of an empty swimming pool, spread across the ground inside a shopping centre in Osaka, Japan.

From a distance, Bisscheroux's artwork — POOL, loss of colour — looks like a two-dimensional painting of a pool. But while standing inside the work the pool's walls appear to drop away, giving the impression that you are floating in mid-air above it. **METRO**

#### Installation represents impact of Japan's nuclear disaster

Located in the Grand Front Osaka shopping mall, the work is a perfect spot for a photo-op.

However, there is a more sombre message, as the art serves to highlight the Fukushima nuclear disaster of 2011. The empty, discoloured swimming pool "brings the impact of the disaster back to human proportions," says the artist. **METRO**

#### Metaphors

- Bisscheroux describes the artwork as a carpet: "A place where we welcome guests." This cosy metaphor aims to encourage play and exploration of the empty space.
- The artist left an area to represent the crisis zone "grey and dark." Bisscheroux adds that it's a symbol of the "disastrous consequences" at Sendai.

## METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 7 in News, page 10 in Scene, and page 17 in Sports

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## MetroTube

### Emojis you wish you had use for



ANDREW FIFE  
metronews.ca

Do you love emojis? Of course you do! Do you hate emojis? We prefer to think you just don't love them yet.

Either way, author and illustrator Avery Monsen has you covered with the introduction of 100 high-concept emojis that, sadly, our lives are too dull and tedious to require. But it would sure be nice if we could add them to our keyboards, even if it's strictly for aspiration's sake. (Tap the screen to freeze it.)  
Via @averymonsen on Vine.



ISTOCKIMAGES



# 2 SCENE

## Ebooks



### A Window on Eternity

By E. O. Wilson

iPad/iPhone

• • • • •



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Amongst grandfatherly storytellers, Wilson is superb. The esteemed biologist captures the grand story of Mozambique's National Park, a place tied to humanity's origins and now recovering from Civil War destruction, before whispering details of its smallest species with a twinkle in his eye.

## Box office

### Captain America toppled by The Other Woman

After holding the top position at the box office for three weeks, femme-fuelled *The Other Woman* has beaten superhero blockbuster *Captain America: The Winter Soldier* for the No. 1 spot in its opening weekend. The revenge comedy grossed \$24.7 million US, while *Captain America* grossed \$16 million. **THE ASSOCIATED PRESS**

# A good spy always brings the cupcakes

## The Americans.

Costa Ronin explains the finer points of espionage

LISA WEIDENFELD  
Metro World News

*The Americans* is a show that thrives on never quite revealing exactly what motivates its various spies and government agents. Who can be trusted, and who has a hidden agenda?

While Noah Emmerich's Stan Beeman navigates the intricacies of the FBI, his counterparts in the Russian Rezidentura have found a new face in their midst: Oleg Burov, played by Costa Ronin. Oleg received one of the show's finer introductions, missing an important summons from Rezidentura head Arkady Ivanovich (Lev Gorn) because he was listening to American music too loudly on his headphones. While Arkady was quick to write him off as a rich man's son using his connections to get ahead, Oleg has proven resourceful.

Oleg comes off as pretty confident about his spycraft, but as Ronin warns us, "that's his persona."

## Tune in

*The Americans* airs  
Wednesday nights at 10 p.m. ET on FX Canada.



Costa Ronin as Oleg Burov in a scene from *The Americans*. FX CANADA

It's also the case with every character on the show, says Ronin. "Everybody's so good at hiding what they think and hiding what they feel because a small display of weakness can lead to somebody dying."

Oleg's apparent bravado may be more for protection than anything else, even among the KGB agents. "He cannot let them see how smart he is, he cannot let them see how savvy he is, he cannot show them all the cards that he's got."

Don't always assume that stony-faced people in suits would make good agents,

though. Ronin says good spies are "the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school ... To be the best, you cannot be thought of (as) being a spy."

Though Ronin was initially only signed on for two episodes, the producers decided to keep him on for more of the hit spy drama's second season. As the season has progressed, Oleg has begun a careful dance with Beeman, initiated after a slow-paced but intense car chase, of which Ronin says,

"They did have to tell me to slow down a few times." He begins blackmailing Beeman over his involvement with the poker-faced Rezidentura employee Nina (Annet Mahendru), whom Oleg also begins seeing. It's all a careful balancing act. Will it all come crashing down on him?

"The show's about people and how they struggle with what they have to do," says Ronin. What, exactly, will Oleg have to do? Keep watching *The Americans* to see whether he's just clever enough to stay ahead of the other spies.

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Title tweak

## Jackson renames final Hobbit film

Peter Jackson is tweaking the ending of Bilbo Baggins' journey.

The Oscar-winning director says the original title of *The Hobbit* finale, *There and Back Again*, felt misplaced since Baggins arrived at his destination in the second film. He says that title better suited a movie that wrapped up a two-part story instead of a trilogy.

So the final film based on the J.R.R. Tolkien fantasy adventure has been renamed *The Hobbit: The Battle of the Five Armies*.

Jackson wrote about the decision on Facebook, saying that making the films was sometimes like the hobbit's journey itself, "with hidden paths revealing their secrets to us as we've gone along."

He thought about revising the title when the second film opened last year, but said he and the studio, Warner Bros., kept an open mind until a cut of the film was ready.

THE ASSOCIATED PRESS

# Matching home to homeowner

**Who Lives Here?** New show asks strangers to use their detective skills to pair the person with their dwelling

Whether it's your choice of clothing or career, a new series seeks to explore whether the image presented to outsiders can reveal clues about your most treasured interior space — your home.

In *Who Lives Here?* which premieres Monday at 10 p.m. ET/PT on W Network, five strangers take turns visiting each other's homes, relying solely on their detective skills and powers of perception to pair each person with his or her respective dwelling. The winner takes home \$1,000.

The debut sees an interior designer, security services worker, entrepreneur, TV producer and hairstylist attempting to determine who among them lives in an urban home, converted garage, detached home, loft and bungalow.

"You meet somebody for the



Participants try to match home to homeowner in an episode of the new series *Who Lives Here?* 3BIRD MEDIA

first time and you're processing all of this information on a certain level and you're making assumptions about who they are as a person, how they operate, all different aspects," said series narrator Todd Talbot, who also co-hosts *Love it Or List It Vancouver*.

"I think if you extend those thoughts to where they might live, it paints a picture. I don't mean to get too philosophical about it, but we're very fixated by our outward appearance in public."

The participants don't shy away from critiquing spaces

they visit. Talbot said while contestants understand the nature of the show, they can still be affected by observations made by strangers.

"It's hard to hear somebody make fun of your home because I think ultimately that it's a reflection of who you are.

Quoted

**"We make these judgments about what we think your house should look like, and really, if it makes you happy, paint your walls neon pink."**

Todd Talbot, narrator of *Who Lives Here?*

And maybe that's not who you are that you show the public, but it is that internal vulnerable side."

Talbot said there are some people who are very bold and love to infuse their space with perhaps an even more magnified version of themselves. But in his experience, more people are hesitant to do so.

"Especially when it comes to selling or showcasing their house, people tend to have this assumption that they need to depersonalize. And I think that idea of depersonalizing sometimes gets sterile to the point where you don't get a sense of who lives there."

THE CANADIAN PRESS

**"I don't see us having a future together."**





# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Pop goes the week

### Some folks will do anything to avoid a wedding



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

Demi Moore will reportedly travel to a yoga retreat in India in order to avoid being near any news outlets when Ashton Kutcher and Mila Kunis marry. To each her own. I would personally rather serve as ring bearer at every one of my exes' weddings than ever have to listen to someone talk about yoga.

**This week in famous hair:** 1) Nicki Minaj is report-



edly ditching her wigs. 2) Andrew Garfield gets a buzz cut. 3) Jennifer Lawrence is growing her hair out. 4) Kaley Cuoco gets a bob. 5) Chris Pratt Instagrams a picture of the back of wife Anna Faris's head with the comment "this is a weird thing to brag about but I did that glorious french braid."

Selena Gomez unfollows Justin Bieber on Instagram. That Nets hat was the final straw.

Gwen Stefani replaces Christina Aguilera on The Voice. The stressed-out lighting crew is scrambling to figure out how to light a fake blonde with bright lipstick and loud clothes.



George Clooney ALL PHOTOS GETTY IMAGES

### Why is George's latest squeeze wearing a giant rock?

George Clooney is ending his streak as Hollywood's most marriage-averse bachelor, as the Ocean's 11 star has reportedly asked girlfriend Amal Alamuddin to marry him, according to People magazine. "George and Amal are trying to keep things very low-key but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that

they plan on being together forever." While it's unclear exactly when Clooney popped the question, Alamuddin was first spotted donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu Thursday evening. Clooney and British human rights attorney Alamuddin were first rumoured to be dating in October when they were spotted together in London.

### Naomi and Liev work it out

It took them some time to work out their differences, but Naomi Watts and Liev Schreiber are reportedly ready once again to walk down the aisle, according to Radar Online. "While Naomi and Liev have had their ups and downs, including a cancelled New Year's Eve wedding right before 2008, they've finally worked out their differences and are rethinking marriage," a source says of the couple, who have been together for nine years and have two sons together. "Liev really admired how Naomi rose above the flak she got for Diana — a role he really thought she'd win awards for."



Naomi Watts and Liev Schreiber



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Gwyneth Paltrow

### Gwynnie's friends sick of hearing about her perfect ... divorce

Gwyneth Paltrow's separation from Chris Martin is apparently going so smoothly that her friends are reportedly fed up with how smug the Oscar-winning actress has become about it, according to Radar Online. "Conscious uncoupling" has become a joke among Gwyneth's friends. All she's doing is bragging about how peaceful her divorce is and how she and Chris planned it so perfectly that it is hardly disrupting their

lives," a source says. "Gwyneth has always thought she had the most perfect life, and even though she's getting a divorce and both of them are getting bad press, she doesn't care. She has become insufferable, saying how happy she is with the way everything is evolving. It's so ridiculous to listen to her talk as if nothing bad is going on at all for her. But Gwyneth has always had a protected, privileged life, and this is no different."

### Rap sheet keeps Biebs at airport

Justin Bieber's return to the U.S. after a visit to Japan was delayed a bit when he was detained by immigration authorities for four hours at LAX late last week, according to E! News. The troubled singer had nothing to say to reporters as he made a dash for his waiting van after the extended stay at the airport, so it's unclear why the authorities were so interested in him. But chances are it has something to do with his current rap sheet, as Bieber has pleaded not guilty to charges of driving under the influence, resisting arrest and driving with an expired licence related to his January arrest in Miami.



Justin Bieber



# Five ways we find ourselves buried in a mountain of debt

**No money, mo' problems.** Prepare for the worst to avoid going into the red



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

Often when people meet me out and about, they want to talk about the show. At some point in our conversation they say something like, "How'd they get themselves in such a mess?" These are the people who can't conceive of spending more than they make or having all that debt. Here are five ways it happens:

## 1. No Money Management Skills

Unfortunately, a lot of people were never taught the skills of money management. Each day people fly by the seat of their pants, hoping that things will turn out OK. Some days they do. Many days they don't, and they end up running around firefighting to stay afloat.

If you don't know how much money you make, how will you know how much money you can spend? If you charge whatever you're buying on your credit card, but you don't know how much you have to spend, how will you pay off that credit card when the bill comes in?

A lack of money management skills is, perhaps, the biggest predictor of financial failure. All the credit counselling, all the bankruptcies, all the income in the world isn't going



Start socking away savings so life's hurdles don't catch you financially unaware. ISTOCK

to save your butt if you don't take the time to figure out how to use what you've got to your advantage. There are rules to follow, work to put in, and self-control to be applied.

## 2. Underemployment

Some people are just born lazy, y'know. I've worked with more than one person who thinks that earning \$14 an hour for 37.5 hours a week is just fine.

Bringing home \$400 a week is fine, if you're prepared to live on \$400 a week. But most people aren't. They want to drive cars, they want to take vacations, they want to have cellphones and premium cable and everything else their pals have. Sometimes when I tell these people to go make more

money, they complain that it'll take away from their Mommy or Daddy jobs. Yet many of those same people spend hours a day doing stuff that doesn't involve their kids. THOSE are the hours you should be spending making more money.

## 3. Income Goes Down, Spending Doesn't

People get laid off from work. People get sick. People stay home to raise their children. Their incomes go down, sometimes waaay down, but their spending doesn't change. They use their credit cards, lines of credit and overdraft protection to fill the gap and then say they are surprised to find they are buried in debt. Then they get a consolidation loan or wrap

the consumer debt up in their mortgages and go out and do it all over again. Of course, these same people could have built themselves a buffer against changes in their financial circumstance, except for Reason No. 4.

## 4. No Savings

We seem to have developed an aversion to saving. We use the excuse that we can't get much return on our money right now, so what's the point. Ha! Talk about *justification*. Wow. We've watched the savings rate plummet over the past three decades, hitting the negatives. How can that ever be a good thing?

Of course, if we were willing to live on a little less now

so that we'd have a cushion set aside in case we lost our jobs, we wouldn't be pushed into Debt Hell quite so quickly. And if, knowing we were going to take time away from work to raise kids or go back to school, we set aside some money to see us through our future plans, we wouldn't dig ourselves a tunnel to Debt Hell.

## 5. Getting Sick

Some people believe they will never get sick. It's why people don't bother to get critical illness insurance, disability insurance, or life insurance. In my mid-40s, my best friend died. She was also in her 40s. But before she died, she had years of dealing with MS and then with breast cancer and finally brain cancer.

If she hadn't had disability insurance, she would have been totally screwed. As it was, every month was a challenge financially. And believe me, she didn't need any more aggravation.

Of course, you may not be the one to get sick. It may be your partner, at which point you better have some money to help pay for the things he or she used to. Or it may be a child or an elderly relative that causes you to lose time off work.

There are life events that can contribute to pushing us into debt, but if we had been managing our money all along — saving some, covering our risks with insurance, being responsible with our money — those life events could have been a lot less painful.

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# 3 FREE

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\*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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# Wake-up call gets Arianna Huffington to redefine success as a good night's sleep

**Thrive.** In her new book, *The Huffington Post's* editor-in-chief urges others to look beyond the pursuit of money and power

It took a collapse in her home office resulting from exhaustion and sleep deprivation for Arianna Huffington to truly wake up.

As she worked relentlessly to build her rapidly expanding media company, that fall on a spring morning in 2007 left Huffington with a broken cheekbone, an eye injury and a renewed resolve to re-examine her life.

Yet long before the incident, Huffington acknowledged there were other key moments that should have put her "sleep-deprived, burnt-out-fuelled existence into perspective." The loss of her first child that was still-

born. A breast cancer scare. Her divorce.

In her new book *Thrive* (Harmony Books), Huffington proposes what she describes as a "Third Metric" to define success — one that extends beyond the pursuit of money and power.

The co-founder and editor-in-chief of The Huffington Post Media Group includes the following as pillars of the Third Metric: self-care, well-being, wisdom, wonder, and giving.

Huffington dedicated *Thrive* to her late mother, Elli, whom she saw as a true embodiment of the Third Metric, reinforced with anecdotes of the spirited matriarch woven throughout the book.

"My mother was somebody who always lived life with an open heart, making connections with people, not multitasking, all of the things that dominate our lives now were things that she realized were not going to lead to a life of meaning and purpose," Huffington said in an interview in Toronto.

"She truly believed — she taught my sister and me — in not missing the moment, and that happiness is really about being 100 per cent present in the moment of what we are doing.

"Unfortunately, our minds often want to take us in the past, judging what we've done. Often, this voice that we all have in our heads that I call the obnoxious roommate ... that puts us down, judges us constantly, questions our dreams, or our mind, wants to take us in the future worrying, being anxious about



Arianna Huffington, co-founder and editor-in-chief of The Huffington Post Media Group, poses in Toronto while promoting her new book *Thrive*. DARREN CALABRESE/THE CANADIAN PRESS

what's going to happen."

In addition to touting the benefits of meditation, the self-described "sleep evangelist" recognized the importance of getting sufficient

shut-eye after her collapse and started to read about the scientific value of sleep.

"It's really a miracle drug. It affects our health and well-being, our mental clarity, our

capacity for joy," said Huffington, who over time has gone from getting four to five hours of sleep a night to between seven and eight.

At the end of each section

of *Thrive* she offers tips on small steps readers can take immediately to start charting a course to wellness. Among them: aiming to get 30 more minutes of sleep a night. She has also established her own wind-down routine which encompasses turning off all her devices (including an iPhone and four BlackBerrys) and placing them outside of the bedroom.

"We have to recognize that we are addicted to our smartphones and the impact that that has on being able to connect deeply with the people we love. I think we need to make checking our smartphones during dinner as socially unacceptable as picking your nose or scratching your private parts," Huffington said.

Despite finding personal success in making changes, Huffington realized there are others who may find the prospect of following suit difficult — especially those faced with significant demands on the job and elsewhere. But if anything, she sees the steps she outlines as even more critical for those whose lives are particularly challenging.

"There are a lot of things in the outside world that we cannot control. We cannot control having a boss, say, that expects us to be on all the time. And let's say that we have to stay in that job. ... There's a lot we can do to deal with our own attitudes to our job and what we're doing when we're not on the job," she said.

"When our own inner world changes, we're more likely to change our outer world." THE CANADIAN PRESS

## Digital detox

**"It was wonderful to have a meal without Instagramming it, to watch a sunset without Instagramming it, and to have conversations with my children when they would say something funny I wouldn't feel the temptation to tweet it."**

Arianna Huffington, describing her most recent Christmas vacation spent with her ex-husband and daughters.



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# When life gives you lemons, make some artisanal vodka-thyme lemonade

**Loss leaders.** While Kaila and Tammara didn't win MasterChef Canada, the sour news isn't stopping them from making some sweet career moves

The latest two home cooks ousted from the penultimate episode of MasterChef Canada have both been inspired to make a foray into the professional food world.

Third-place finisher Kaila Klassen of West Kelowna, B.C., who was dismissed from the MasterChef Canada kitchen after making a minor error in the pressure test, is in the process of opening her own restaurant in Kelowna called Krafty Kitchen and Bar.

Tammara Behl, who came fourth, has just launched a Calgary catering company and says she will also make

## Learning from the taste of defeat

**"I know now that it is very, very important to listen to your instincts and listen to your gut."**

Third-place finisher Kaila Klassen, who was ousted from the reality show after making a minor error in the pressure test, is in the process of opening her own restaurant.

guest appearances on CTV Morning. She's given up her teaching position with the Calgary Board of Education.

Behl was eliminated during a mystery box challenge that featured Italian ingredients chosen by guest judge Joe Bastianich of MasterChef.

Both women said Tuesday that being one of the 16 home cooks on MasterChef Canada meant sacrifices: Behl left her husband and two young children while Klassen relinquished her real estate career during the six weeks spent in Toronto taping the show. But the experience was ultimately rewarding.

"I learned that you really have to learn from people

even though they might be less experienced than you or less informed," said Behl. "Everybody has something to teach you and really be nice to your neighbour."

Klassen added: "I know now that it is very, very important to listen to your instincts and listen to your gut and, as Tammara says, be kind, be genuine, be honest and to listen to the judges. Always listen to the judges. They're always right."

Chefs Michael Bonacini, Alvin Leung and Claudio Aprile, who judged the contestants in Season 1 of MasterChef Canada, will be staying on to helm Season 2, CTV has announced.



Tammara Behl cuts meat during an episode of MasterChef Canada. After getting cut from the show, she launched a catering company. MARK O'NEILL/BELL MEDIA

Being on MasterChef Canada was like living in a pres-

sure cooker, the two acknowledged, but their love of all

## Finale airs tonight

Eric Chong, a chemical engineer from Oakville, Ont., and Marida Mohammed, a stay-at-home mom from Toronto, will battle it out to win \$100,000 in the MasterChef Canada finale, airing tonight on CTV.

things culinary kept them going.

"When we weren't filming, we were thinking about food," said Klassen. "We were thinking about MasterChef, and so it was a very stressful situation, but I think with us all having a commonality with a love for food it was great because we could get away at the end of the night and just talk about food and not have to talk about the show, and just enjoy. It was fantastic. Everyone was amazing." **THE CANADIAN PRESS**

## 'Round the world wisdom

**List the carrots and sticks to help you stick to your goals**



LESSONS FROM THE DESERT  
Stefan Danis  
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

I took on running the Gobi with enthusiasm but within a month, before having experienced any of the tangible physical benefits from my training, I was already losing my drive. The law of diminishing intentions was in full flight — my life was getting in the way of my training. It was challenging to anchor new habits into an already full schedule. For most of us, as it was for me, change is hard without leverage.



Keep your list of pros and cons top of mind to keep yourself motivated. ISTOCK

My main mistake was that I didn't give myself enough reasons to change my calendar to suit the project.

I had jumped in with a healthy naiveté, and now I needed to do what I should have done prior to taking on the project. So I listed all the pros and cons of running the Gobi. The list was obviously heavily tilted in favour of doing it. I then flipped the equation and listed the pros and cons of not running it. It allowed me to visualize the rewards of running the Gobi and also brought to light the cost of not following through with my goal. I needed the

list of carrots and sticks to be exhaustive as possible in order to bank all these reasons for the days when I would inevitably falter, or just not want to train.

I posted the long list on my home office wall so it would be in my face — a perpetual reminder for the duration of the project. And even though there were far more reasons to run the Gobi than not, at times when my willpower wavered, I re-read the list and renewed my commitment.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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# Get a little nutty with a pistachio crust for your pork tenderloin

## Lean and delicious.

Despite its piggy reputation, pork can be leaner than a chicken breast — and it's tasty, too



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"Pork: The Other White Meat" is a slogan used since 1987 to help pork compete with poultry, and it's worked! Ounce for ounce, pork tenderloin has less fat and fewer calories than a chicken breast, and the image that pork was only a fatty meat has been overcome. It is considered an extra lean meat according to government guidelines.

Pork is a good source of iron, zinc, selenium and phosphorus and has been known to fight against Type 2 diabetes, helping to maintain optimal sugar levels. Today, due to better health procedures, you can now eat your pork medium rather than well done.

The old practice was to cook until 160 F, which dried out this lean meat. It is now recommended to cook your pork to just 145 F for a moist and delicious medium-cooked meat.

This flavourful nut crust goes so well with this tender meat. You don't need to salt your pork since the cheese and mustard contain sodium.

When you cook the meat

## Ingredients

### Serves 4

- 1 lb pork tenderloin
- 1 Tbsp. Dijon mustard
- ½ cup finely chopped shelled pistachios
- 3 Tbsp. grated Parmesan cheese
- 2 tsp olive oil
- ½ tsp minced garlic

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

## Nutritional information

### Per serving

- Calories. 254
- Carbohydrates. 4.5 g
- Fibre. 1.6 g
- Protein. 28.5 g
- Total fat. 13.2 g
- Saturated fat. 3 g
- Cholesterol. 77.3 mg
- Sodium. 204.3 mg

to medium, you won't need a sauce since the meat is so tender and tasty. Feel free to substitute any nuts of your choice. This topping also goes well over chicken or fish. Don't worry if



The pistachio-nut crust on this pork tenderloin also goes well over chicken or fish. ROSE REISMAN

the crumbs don't all stick; just serve them alongside the medallions.

## Directions

1. Preheat oven to 400°F. Sear tenderloin in skillet sprayed

with vegetable oil, just until browned on all sides, about 3-4 minutes.

2. Place on a baking sheet. Rub mustard all over tenderloin.

3. In a small bowl, combine pistachios, cheese, olive oil and garlic. Pat onto all sides of tenderloin.

4. Bake until temperature

reaches 140°F (medium) or approximately 15-20 minutes.

5. Let rest for 10 minutes, then slice into medallions.

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#### New York-Philadelphia

### Rangers push Flyers to brink of elimination

Henrik Lundqvist didn't allow a bad ending to the second-period wreck an otherwise good day for the New York Rangers.

Lundqvist was the beneficiary of a three-goal lead that was trimmed to two

when the Philadelphia Flyers got their power play to work in the closing seconds of the middle period. But the Rangers kept it together in the third, withstood a late surge, and pushed the Flyers to the brink of elimination with a 4-2 victory Sunday.

Lundqvist stopped 24 shots and didn't face more than 10 in any period.

New York leads the series 3-2. **THE ASSOCIATED PRESS**

#### San Jose-Los Angeles

### Kings refuse to go quietly vs. Sharks

With every win on the brink of elimination, the Los Angeles Kings are demonstrating why they've been such a good playoff team for the past few years.

And with every failure to close out a previously one-sided series, the San Jose Sharks are failing to shake

their reputation for coming up short in the spring.

The Kings have forced Game 6 in the California rivals' first-round series on Monday night, winning twice after falling into a three-game series deficit. Jeff Carter isn't impressed by the Kings' moves toward becoming just the fourth team in NHL history to advance from an 0-3 hole, noting it's been done before.

**THE ASSOCIATED PRESS**

#### Stiff competition



"When you play this team, you know you're in for a tough night. Nothing comes easy against Boston."

Canadiens defenceman Josh Gorges on his team's next playoff opponent — the Bruins.

# Blackhawks eliminate their case of the Blues

**NHL playoffs.** Chicago wins first-round playoff series in six games, will face either Minnesota or Colorado next

First, it was Jonathan Toews on a power play, and then Patrick Sharp got loose on a breakaway. Andrew Shaw tipped one home, and it was all over.

One dazzling stretch for the Chicago Blackhawks put an end to their tight first-round series against the St. Louis Blues.

Duncan Keith had a goal and three assists, and the Blackhawks used a four-goal third period to finish off the Blues with a 5-1 victory in Game 6 on Sunday.

"It feels good to contribute in a big game," Keith said, "and I think just the main thing for me is just being able to move on and get a couple days to relax and just regroup

and focus on the next round."

Chicago won four in a row after a slow start in St. Louis. The defending Stanley Cup champions will play the winner of the Minnesota-Colorado series in the Western Conference semifinals. The Avalanche lead the Wild 3-2 heading into Game 6 in Minnesota on Monday night.

Toews, Sharp and Shaw scored in the first 7 1/2 minutes of the third and Keith closed out the scoring as the Blackhawks improved to 14-2 in home playoff games over the past two seasons.

Bryan Bickell scored in the first and Corey Crawford made 35 saves, keeping Chicago in a tie game when St. Louis controlled the second period.

"They were dominating the first 40 minutes here and we came back with maybe the best period of the year," coach Joel Quenneville said.

T.J. Oshie scored for the Blues, while Ryan Miller finished with 22 saves.

**THE ASSOCIATED PRESS**



The Blackhawks celebrate Duncan Keith's third-period goal against goalie Ryan Miller and the Blues during Game 6 of their first-round playoff series in Chicago on Sunday. JONATHAN DANIEL/GETTY IMAGES

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# Raptors grind out split in Brooklyn

**NBA playoffs.** Despite faltering after hot shooting start, young Toronto club leaves N.Y.C. tied 2-2 in series

DeMar DeRozan scored 24 points as the beaten-up Toronto Raptors tied their playoff series with the Brooklyn Nets with a 87-79 victory Sunday.

The victory was the Raptors' first playoff win on the road since a win over Philadelphia way back in 2001.

A hobbling Kyle Lowry added 22 points, while Amir Johnson finished with 17. Patrick Patterson and Greivis Vasquez finished with nine points apiece, and Patterson grabbed a team-high nine rebounds.

The best-of-seven Eastern Conference playoff series heads to Toronto tied at two wins apiece. Game 5 is Wednesday at the Air Canada Centre.

Paul Pierce led the Nets with 22 points, while Mirza Teletovic had 12. Kevin Garnett and Deron Williams finished with 10 points apiece.

The Raptors scored 35 points in the first quarter and led by as much as 17 points —

**Close enough for ya?**

## 678-677

Prior to Sunday, Toronto had outscored the Nets 678-677 in their seven meetings this season.

**Game 4**

**87**

Raptors

**79**

Nets

the biggest lead by either team in this series — in what was a dogfight of a game.

But Toronto started to come apart in the second quarter — they ran into foul trouble and couldn't hit shots, and scored a combined 32 points in the second and third quarters.

Still, the nailbiter went into the fourth all tied up 67-67. The Nets took a four-point lead but consecutive baskets by Valanciunas — including a hook shot over future Hall of Famer Garnett — then a three-pointer by Vasquez had the Raptors up by four points with 4:07 to play.

The Nets wouldn't threaten again, and when the final whistle blew, the Raptors fans in attendance at Barclays Center stood and applauded the Toronto players off the floor.

The Nets won Games 1 and 3, in what's been an incredibly even matchup all season between these two teams.

Lowry, who came away from Friday's game with a bad right knee and a busted lip, was noticeably limping at times, but coach Dwane Casey had said pre-game: "He's one of the toughest guys I've been around as a guard as far as fighting through things."

THE ASSOCIATED PRESS



Raptors guard Kyle Lowry goes up for a layup against Nets guard Deron Williams on Sunday night in Brooklyn. KATHY WILLENS/THE ASSOCIATED PRESS

## NBA playoffs

### Clippers stand together against owner Donald Sterling

The Los Angeles Clippers made a silent protest against owner Donald Sterling before Game 4 of their Western Conference playoff series against Golden State. The Warriors made a different kind of statement during the game.

And just like that, a series pulled into a race-related scandal took another twist.

Stephen Curry made a career playoff-high seven three-pointers and scored 33 points, leading the Warriors past the Clippers 118-97 on Sunday to even their first-round series at two games apiece.

The game almost became an afterthought — until tipoff anyway — after an audio recording was posted Saturday online by TMZ purportedly of Sterling making comments urging a woman to not bring black people to his team's games. The alleged comments, which are under investigation by the NBA, have set off reactions of anger and calls for action through the league.

THE ASSOCIATED PRESS

## Jordan speaks up



"As an owner, I'm obviously disgusted that a fellow team owner could hold such sickening and offensive views."

Charlotte Bobcats owner Michael Jordan

## MLB. Jays ace pitches team back onto winning track

R.A. Dickey, his knuckleball moving like the noggin on his bobblehead giveaway, gave the Toronto Blue Jays a sorely needed quality start Sunday.

And the rest of the team also stepped up, with Brett Lawrie and Edwin Encarnacion combining to drive in four runs in a 7-1 victory over the Boston Red Sox.

Toronto (12-13) leaves for an eight-game road trip, which starts Tuesday in Kansas City, having washed away the taste of a sour four-game losing streak at home.

Dickey (2-3) scattered five hits over 6 1/3 innings, giving up one run and striking out six.

THE CANADIAN PRESS



R.A. Dickey provided the Blue Jays a quality start in their 7-1 win over the Red Sox on Sunday at Rogers Centre. FRANK GUNN/THE CANADIAN PRESS

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## Horoscopes

### Aries

March 21 - April 20

Don't worry if your finances have not been too healthy of late because you will find ways to replace what you have lost or spent.

### Taurus

April 21 - May 21

Throw caution to the wind and let the universe decide whether you are going to win or lose. With a solar eclipse coming up in your sign you will almost certainly be a winner.

### Gemini

May 22 - June 21

Mercury, your ruler, may be moving through the most shy and retiring area of your chart but if past experience is anything to go by that will merely encourage you to redouble your efforts to put on a show.

### Cancer

June 22 - July 23

Keep things simple over the next 24 hours and you won't go wrong. You know what it is that you want, you know where it is you can find it and there is nothing anyone can do to deny you.

### Leo

July 24 - Aug. 23

Put yourself forward and show what you can do. Employers and others in positions of power are looking for people who are decisive. And that's you.

### Virgo

Aug. 24 - Sept. 23

You may not be entirely convinced that what you are about to do is going to succeed but you have promised others that you will try. Don't let them down!

### Libra

Sept. 24 - Oct. 23

According to the planets you are carrying too much emotional baggage. Once you have confronted your fears you may realize there was little to worry about in the first place.

### Scorpio

Oct. 24 - Nov. 22

Someone who is aggressive for no good reason is likely to bring out the worst in you today. No doubt they have not experienced a Scorpio's sting before but it's unlikely they will forget it.

### Sagittarius

Nov. 23 - Dec. 21

Because you like to be independent you may not enjoy what takes place over the next 24 hours. You may have to fight for your right to set your own agenda and come and go as you please.

### Capricorn

Dec. 22 - Jan. 20

You are full of energy thanks to the approaching eclipse and it's important that you channel it in constructive directions. Don't waste your time on projects that are not challenging enough.

### Aquarius

Jan. 21 - Feb. 19

The task you are faced with today may seem daunting but if you attack it in the right way there is no doubt at all you will make a success of it.

### Pisces

Feb. 20 - March 20

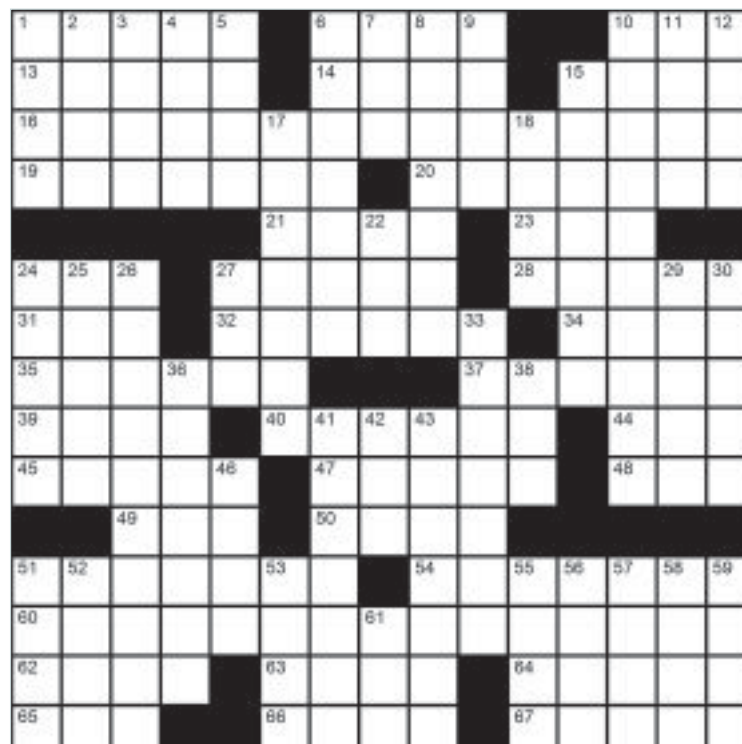
Anyone who thinks you lack the spirit of adventure will have to think again as cosmic activity in the most outgoing area of your chart inspires you to try so many new things.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Jean-Claude Van \_\_\_\_
6. British actor Idris \_\_\_\_
10. Min. bit
13. "Congratulations \_\_\_\_ order!"
14. Particular primary pigment
15. Glide
16. "No Sugar Tonight/\_\_\_\_\_" by The Guess Who
19. "Put Your Hand in the Hand" land, 1971 hit for Canadian band Ocean
20. 1987 Steve Martin/Daryl Hannah comedy filmed in Nelson, BC
21. Nero's 1052
23. Flight-leaving info
24. F1's PC neighbour
27. Leading by a point, as 5 to 4: 2 wds.
28. Ms. Winger
31. Gymnast, e.g.
32. Permafrost-y expanse in The Arctic
34. Big cat
35. One trying to locate a missing parcel
37. Gwyneth Paltrow's mother Ms. Danner
39. Apartment bldg. boss, colloquially
40. "Yellow Submarine" (1968) tune: "It's \_\_\_\_ Much"
44. 'Jacob' suffix



45. Stephen \_\_\_\_, Canadian star of "Arrow"
47. Droplet-looking throat part
48. Puget, e.g.
49. The Lion
50. Small
51. "Trailer Park Boys" character

54. Sequester
60. Beetle that is a threat to the type of tree in its name: 3 wds.
62. Manly
63. Ms. Russell
64. Cake topper
65. Couture monogram

66. Beatles title lady
67. Herring-like fishes

### Down

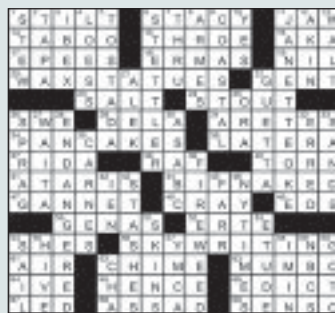
1. "Shoot!"
2. Scope
3. Whimper
4. "\_\_\_\_ on the Beach" by Jane Siberry
5. Organic compound

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

15. Distinguished
17. Deep-fried battered vegetables of Japanese cuisine
18. Cut
22. Not-reliant-on, briefly
24. \_\_\_\_ hole in (Corrodes)
25. Guitarist's move
26. 'Music' provider when wedding rice is thrown: 2 wds.
27. Driver's 4x4, commonly
29. J.R.R. Tolkien: Grassy area in Middle-Earth
30. A means to \_\_\_\_
33. Eradicate
36. Cause \_\_\_\_ (Attention-grabbing controversy)
38. Hawaii's Mauna \_\_\_\_
41. Town in southern Saskatchewan
42. Gladiator's 56
43. Northern Africa country
46. Kinks hit
51. "\_\_\_\_ Baby" by The Ronettes
52. Ms. Thurman's
53. Betty's role on "Hot in Cleveland"
55. Some sashes
56. Ness Monster's place
57. Opera solo
58. Oversee
59. Work units
61. Prince Valiant's son

## Friday's Crossword

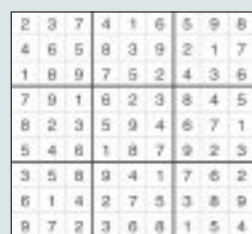


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



## Weather

TODAY

TUESDAY

WEDNESDAY



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MIN: -1°



MAX: 9°  
MIN: -2°



MAX: 7°  
MIN: 2°



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# HONOUR THE DEAD

G. DUCHARME, JULY 2011  
J. NORQUAY, JULY 1994  
C. MCKAY, SEPTEMBER 1989  
C. CAREFOOT, AUGUST 1985  
A. SYLVESTRE, FEBRUARY 1982  
G. STORY, NOVEMBER 1971  
D. RETTIG, OCTOBER 1967  
G. MITCHELL, SEPTEMBER 1962  
R.J. LAFRANCE, JANUARY 1960

B. HUNTER, AUGUST 2007  
W. ROWE, MAY 1993  
G. REMPLE, AUGUST 1986  
G. WOTTON, MAY 1984  
J. REMPEL, JUNE 1977  
G. PETERS, MARCH 1971  
J. SPENCE, JULY 1967  
S. PETERS, OCTOBER 1966  
L.A. HURST, JANUARY 1958  
M. BOYCHECHKO, NOVEMBER 1961

J.S. JOHNSON, AUGUST 1966  
S. GILLINGHAM, JUNE 1998  
R. LESTRAT, MARCH 1990  
R. TITTLEMEIR, AUGUST 1986  
N. ANTONATION, FEBRUARY 1983  
D. MITCHELL, DECEMBER, 1973  
W. WEBBER, AUGUST 1969  
T. BEARDY, OCTOBER 1966  
J.L. REIMER, SEPTEMBER 1958

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